



# AMERICAN LEGION CHAPALA POST #7



February 2017



Roll  
Call



# DR. GUILLERMO ARECHIGA ORNELAS

## PAIN MANAGEMENT & PALIATIVE CARE



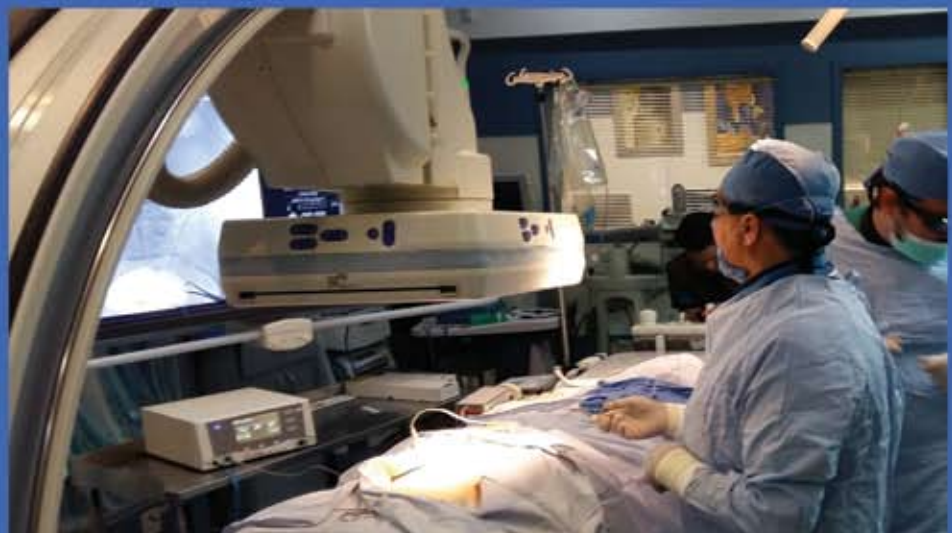
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# AMERICAN LEGION CHAPALA POST #7



## Commander's Corner

Friends and Legionnaires,

Elections are going to be held during the April 11 Legion meeting at 1 p.m.

We request that eligible members sign the Legion Officer sign-up sheets posted on the Legion billboard.



We have come a long way in the last three years. Sign-up to run for an officer position or two. Be part of the Post's leadership and let's make some good things happen this next election year. You do not have to have been an officer to run. If you are elected there will be instruction and help if needed.

### Following is a list of the officer billets, their duties and responsibilities:

♦ **Commander** — Envisions and sets the agenda, goals and mission of the Post. Leads the Post to accomplish these objectives. Approves all disbursements of post funds. Supervises the duties of all post officers, represents the Post at outside organization events and presides over the Post's meetings. CEO of the post.

♦ **First Vice-Commander** — Is in charge of Post membership; recruiting, renewing, and tracking membership. Second in command of the post.

♦ **Second Vice-Commander** — In charge of post morale and post activities. Third in command of the post.

♦ **Adjutant** — In charge of the administration and details of running the post. Works with all post officers and committees. He is the "First Sergeant" of the post. (Appointed by the Commander)

♦ **Finance Officer** — In charge of all post funds. Handles all financial and accounting affairs of the post. CFO of the post.

♦ **Judge Advocate** — Charged with being the Constitution and By-Laws expert. Expected to be knowledgeable on post policies and traditions. Insures a proper audit of post funds is conducted annually.

♦ **Service Officer** — Handles the administration of all services available to veterans and programs that could be implemented within our community to benefit all. The officer to see for all your veteran needs. (Appointed by the Commander)

♦ **Sergeant-at-Arms** — Is the flag etiquette expert. Handles

the set-up for meetings, and preserves order at all meetings. In charge of the proper care of our flags, the POW/IMA table and our duty officer schedule and training.

♦ **Historian** — Is in charge of post historical records, post narrative history, the yearbook, and insuring pictures are taken and properly labeled for each notable post event.

♦ **Chaplain** — Is the post's moral leader, in charge of the spiritual welfare of the post. Offers divine but non-sectarian prayer for all meetings and ceremonies.

♦ **Member at Large** — Represents the General Membership and votes accordingly.

If elected be ready to carry out the duties and responsibilities of your office.

Thank you,  
Tim Stern, Commander

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Cover Photos: Paul Hart



# MILITARY HISTORY

by Dan Williams

(The information in this article was taken from Internet sources and by Dan Williams)

## Korean War (1950-1953): Part II

### Battle of Heartbreak Ridge



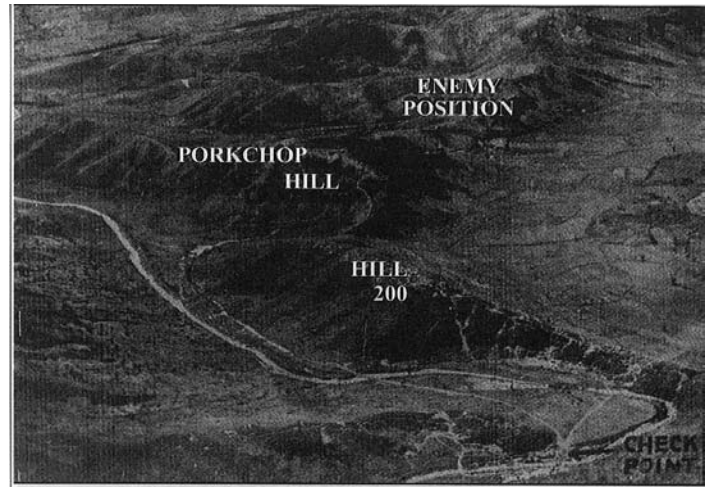
In the Battle of Heartbreak Ridge, which took place during the Korean War, the United Nations forces fought against the North Korean and Chinese armies, from September 13 to October 16, 1951, about eight miles north of the 38th parallel in the southern sector of North Korea.

The UN forces that took part in this battle consisted of the U.S. 9th and 23rd Infantry Regiments and a French Battalion, these three units being part of the U.S. 2nd Infantry Division, led by General Thomas de Shazo. The Heartbreak Ridge was an eight-mile-long ridge in Mundung-ni valley, situated about one mile from Bloody Ridge. Preceded by heavy artillery barrage on the Communist positions on top, the Battle of Heartbreak Ridge began on the morning of September 13, when the American and French troops charged up the rugged slopes to capture North Korean bunkers and machine gun nests. Despite the initial success, with an American platoon taking an enemy position, the Communist forces launched a counter-offensive that pushed the Allied troops off the summit and back to their former positions.

Soon, the Americans would launch another attack which would lead to a gory clash with the enemy, fighting desperately for the ridge summit. The battle raged on like this for more than a month, with Chinese troops participating in several combats. Finally, with the help of armored units and

the elements from the South Korean 8th Infantry Division, the Americans and French managed to definitely conquer the summit. The fighting for the Heartbreak Ridge had been so vicious and savage that it took on a surreal and nightmarish appearance. At the end, about 15,000 North Korean and Chinese men lay dead in the battlefield. The Americans and French had sustained 3,600 casualties, 1,450 of which were killed in action.

### March - July 1953 Battle of Pork Chop Hill



Pork Chop Hill, named after its appearance on a map, is a 990 ft ridge that was recaptured on May 1952 by the U.S. 180th infantry regiment. On March 23, the Chinese 423rd regiment, commanded by General Deng, attacked Old Baldy, an outpost nearby Pork Chop, and was able to capture it. They were able to take over several other outposts until the Americans counterattacked a day later. The land the Chinese overtook was taken back from the American troops. The Americans were able to hold their ground and rebuild their defense until July 6, when the Chinese decide to strike the hill again with an attack at night. It became a long lasting tug of war for the hill for four days, and was in U.S. control when General Taylor called for a retreat. The Chinese won the hill, but lost 1,500 men with another 4,000 wounded altogether. The UN side only loss 258, with 1,036 wounded

Negotiations broke down four different times, but after much difficulty and nuclear threats by Eisenhower, an armistice agreement was signed July 27, 1953. Casualties in the war were heavy. U.S. losses were placed at over 54,000 dead and 103,000 wounded, while Chinese and Korean casualties were each at least 10 times as high. Korean forces on both sides executed many alleged civilian enemy sympathizers, especially in the early months of the war. Finally, in July 1953, the Korean War came to an end. In all, some five million soldiers and civilians lost their lives during the war. The Korean peninsula is still divided today.



## Legion Auxiliary Unit #7

### Auxiliary President's Message



On March 7, 2017 the Auxiliary will hold our annual elections. There is a signup sheet on the bulletin board in the library of the Legion for all those desiring to run for office.

The annual election is, of course very important to the continued operation of the Auxiliary. The following are the mission and purposes of the American Legion Auxiliary.



In support of our Mission, we adhere to the following purposes:

- » To support The American Legion programs for veterans, young people and the community.
- » To provide for today's needs while being advocates for a brighter future.
- » To advance the understanding of patriotism and responsibility of citizenship.
- » To promote individual integrity and family values.
- » To ensure as volunteers, that Auxiliary members continue to be the leaders in all that is good in this nation today, tomorrow and for generations to come through serving others first and not self.

Auxiliary Chaplain Gina Pumiglia is hosting a beautiful dinner on Valentines Day, February 14, 2017. The dinner will feature pork loin with all the trimmings and chocoflan cake for dessert. Gina has planned for the very popular Rondalla de Chapala to entertain you with their beautiful romantic music. We are not talking your normal mariachi band here. At only \$200 pesos per person, this is going to be a very special event. See ad on Page 30. Tickets are available at the Legion from your bartender or waiter. Please join us for a fantastic afternoon/evening.

Anita Wikum  
President, Auxiliary Unit #7

### To Renew Your Membership

online go to  
[www.legion.org/renew](http://www.legion.org/renew)



### To Join the American Legion

online go to  
[www.legion.org/join](http://www.legion.org/join)

Tuesday, February 28



### RAISING FUNDS For the LITTLE BLUE SCHOOL

#### MENU

Jambalaya With candied carrots,  
tomatoes vinegrette and corn bread  
Dessert ice cream With a pineapple Wedge.

Cocktails 3 PM  
Food 4 PM

AND... For your  
dancing pleasure!  
Music by DJ Howard



American Legion Post 7 and the Ladies Auxiliaries Unit #7  
Morelos 114, Chapala, Jalisco. phone. 765 2259



# The Compulsive Collector

By Harriet Hart

In December, I attended a Christmas party where our hostess displayed her extensive collection of Father Christmas figurines, and I felt a sudden surge of Santa envy. Why hadn't I started a similar collection years ago? Where was the plush Santa my mother conned the owner of Morris Rexall Drugs into giving her back in 1952? I used to have it.

I decided that beginning a collection at my age would be a futile attempt to fool Mother Nature and confound Father Time. But then I visited a bazaar and there they were, not one but two second-hand Santa figures, each standing about two feet tall and beautifully crafted: Santa with a green pack on his back, carrying holly and cedar boughs, and Santa with snowshoes.


"You definitely don't need two," said Ebenezer Scrooge, aka my husband Paul. "Buy the one wearing the red suit. He's more traditional."

Back home, I placed Mr. Claus by the hearth where he looked lonely. I considered sneaking back to the bazaar and picking up the second one, when I realized a simple truth: one item makes a statement, three is a collection, but two of anything is just a pair.

Why do people collect things I wonder: comic books, records, stamps, dolls, guitars, books, and butterflies (remember creepy Terence Stamp in the 1965 movie *The Collector*?) Is it some sort of disorder (his certainly was), a compulsion, or just a harmless hobby? As I write, I am surrounded by my first collection: Royal Doulton rack plates — 22 in my study, and six more downstairs in the kitchen.

The first plate was a wedding gift thirty years ago; we had just bought a heritage home with a dining room plate rail that cried out to be cluttered. Soon we were on the lookout for Doulton plates and learned that once you start looking for something, you tend to see it everywhere. We attended antique shows wherever we went, Toronto, Montreal, and Ottawa and farther afield to upper state New York and, eventually, England.

In London, we hunted down Jocelyn, a Doulton dealer whose name we had obtained from a Canadian collector. We called Jocelyn from a pub pay phone, got her address with directions and took a bus to Shepherd's Bush in the rain, where we found her in her modest home surrounded by priceless Doulton vases, candlesticks, jugs, bowls and teapots, beer mugs and toilets sets. The rack plates, all costing over \$100, were stacked on the dining room table. We purchased one



Join us at the  
**American Legion Post #7**  
on February 5 - 5:30 CTT  
for the 51st Super Bowl



Half-time  
with  
Lady Gaga

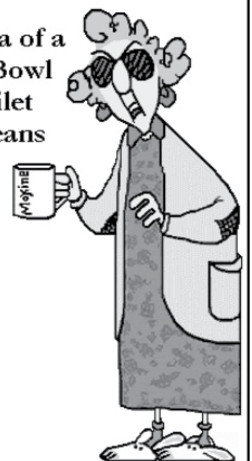
**Morelos #114, Chapala**  
**(376) 765-2259**

from The Jackdaw of Rheims series, and, at her suggestion, bought a book describing Doulton series ware to learn more about it. There are rack plates featuring the Canterbury pilgrims, characters from Shakespeare and Dickens, and many more subjects. We learned about pattern numbers and back stamps, and spent the next decade adorning our plate rail. When it was full, we moved on to buying other collectibles in another country.

Mexico is paradise for collectors, especially of folk art. Nelson Rockefeller, the most famous and wealthiest, amassed thousands of pieces. Part of his collection (2,500 objects) is now housed in the San Antonio Museum of Art. Rockefeller spent years travelling to remote villages, finding gifted artists and purchasing their work.

I love Mexican masks and own as many as my house can handle. Museum curator Marion Oettinger, Jr. writes: "Modern masking in Mexico is firmly rooted  
**(Continued on Next Page)**

My idea of a  
Super Bowl  
is a toilet  
that cleans  
itself!



(Continued from Previous Page: Compulsive . . .)

in pre-Hispanic and colonial times. It can be found in most parts of Mexico and is an essential part of dance dramas dealing with moral and historical themes in celebration of saint days and other religious events.”

I own items with a religious theme, saints and virgin statues, but my masks represent more earthly subjects: an owl and rooster, a pelican and a crow, and barnyard beasts like donkeys, *burros* and bulls.

I also confess a weakness for turkeys and recently bought a beautiful papier maché gobbler directly from the artist in the Ajijic plaza. Many of my treasures were found locally, many at Feria Maestros del Arte, others on exploratory trips to neighboring states.



Everyone collects something. An informal recent survey revealed friends with collections of clowns, elephants, glass hearts, antique buttons and seashells. If you tell people about your passion, every birthday and Christmas you will be inundated with objects until you call out for mercy. “Stop. Enough already.”

Collecting turns your life into a treasure hunt, an adventure. When you visit a new place, you are on the lookout for a prize, like a gourmand in search of fine cuisine. Collecting gives you a purpose. It requires research. And theoretically, a collection is an investment. However, a search on Google revealed that Royal Doulton rack plates are currently selling for as little as \$6.95 each, which represents a personal loss of more than 90%.

Should I start a collection of Santa figures or is it too late? I believe it is, unless, of course, I discover one in a fishing boat. Now, that would be a real find. Meanwhile, I’ll enjoy my Doulton rack plates, my masks, saints, angels and turkeys. There’s always room for one more!



**AMERICAN LEGION  
POST #7**



## Auxiliary Officers 2016 – 2017

**President** – Anita Wikum

**1st Vice** – Sharon Munns

**2nd Vice** – Peggy Graves

**Secretary** – Sharon Ottzman

**Treasurer:** Sharon Ottzman

**Historian** – Cindy Thompson

**Chaplain** - Gina Pumiglia

**Executive Committee:**

Cindy Thompson,  
Sharon Munns

**WHAT DOES A THESAURUS EAT FOR BREAKFAST?**



**A SYNONYM ROLL.**

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**AMERICAN LEGION  
CHAPALA POST #7**



### 2016-2017 Post #7 Officers

**Commander Tim Stern**

**1st Vice Commander** William Wagoner

**2nd Vice Commander** Richard Thompson

**Adjutant** Vince Britton

**Finance Officer** Roy Lahti

**Service Officer** Tom Stordahl

**Judge Advocate** Vince Britton

**Sgt. at Arms** Zane Pumiglia

**Chaplain** Tom Schmidt

**Members at Large:**

Dan Williams, Gene Kent, Phil Brewer, Lee Pinder,  
Tom Stordahl, Gary Lemons

Physical Address: #114 Morelos, Chapala, Jalisco

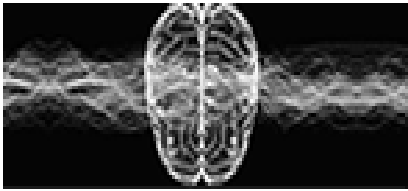
Mailing Address: #31 APDO Chapala, Jalisco 45900

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Website: [www.chapalalegionpost7.com](http://www.chapalalegionpost7.com)

Facebook Page: [www.facebook.com/LakeChapalaPost7/](http://www.facebook.com/LakeChapalaPost7/)



# Neuro Notes

by Amelia Stevens M.D.

## Developments in Psychotherapy

Modern psychotherapy is based on the theories of Sigmund Freud who invented “talk therapy.” Freud thought mental health symptoms originated in the unconscious, and were the result of repressed conflicts, usually sexual in nature. Actually talking with patients about their problems was a true innovation at the time. His techniques included dream analysis and free association, with the general goal of making the unconscious conscious, which was supposed to effect a cure.

Since Freud, a number of schools of individual and group psychotherapy have arisen. Due partly to economic pressures, many are brief and time-limited, rather than open-ended and potentially interminable. All feature a talking relationship between patient(s) and therapist.

Among the best studied is cognitive therapy or cognitive behavioral therapy (CBT), which rests on the premise that symptoms arise from habitual faulty interpretations of interpersonal or social situations, engendering negative beliefs and feelings in the patient which interfere with his/her functioning. Therapy focuses on identifying these beliefs and replacing them with more realistic ones. Many studies have demonstrated the effectiveness of this form of therapy for patients with anxiety, depression and other common mental health problems.

There are many other types of psychotherapy but much research has shown that any kind of psychotherapy is effective for a very high percentage of patients. This is interpreted to mean that at the end of whatever brand of psychotherapy is practiced, the patient is better off than the average untreated person. Studies also indicate that the main factors associated with success in psychotherapy are “extra-therapeutic,” that is, not related to the particular school of psychotherapy that the therapist was trained in, but to the quality of the relationship between patient and therapist. “Fit” between therapist and patient is crucial. The features of a good fit include a shared view of the presenting problem, goals, expectations and pace of the therapy; active listening, interest, nonjudgmental understanding and empathy on the part of the therapist. The therapist’s school of therapy is perhaps the least important component in determining success. Additionally, research tells us that as therapists gain more experience, they demonstrate fewer differences in what they actually do with patients in a therapy session, regardless of

their training background.

We live in the age of electronics. Naturally this technology is being exploited to aid in all facets of the helping professions, including the field of psychotherapy.

Computer programs using CBT principles, both with and without live therapist involvement, have existed for many years. They are effective in treating a variety of common mental health problems, including milder cases of anxiety, depression, obsessive-compulsive complaints, insomnia and some addictive disorders, among others.

A more recent development is virtual psychotherapy, which appeared in the early 1990s. In this modality a virtual therapist demonstrates empathy and interest through eye contact, body posture, realistic questions and responses. The simulated therapist uses the research-validated techniques of live therapists most strongly associated with successful psychotherapy outcomes. Virtual therapists, unsurprisingly, are also effective.

Virtual reality immersion therapy consists of gradually exposing patients in a controlled, safe setting to simulated versions of what they fear or what triggers a fear-based response. Such therapist-monitored programs have proven effective for military post-traumatic stress disorder (PTSD) sufferers, though to my knowledge have not yet been adopted by the U.S. Veterans’ Administration health system. Virtual therapy is also being actively developed as a means of treating other disorders.

Paro, a Japanese-created, touch-responsive, adorable, white furry seal-like robot, reduces stress, improves depression and increases social interactions among cognitively impaired nursing home residents, without the attendant problems of pets.

Can computer programs, virtual reality and robots replace live clinicians?

“Any (clinician) who can be replaced by a computer should be,” says Warner Slack, a medical informatics pioneer.

*Amelia Stevens practiced psychiatry for many years in western Massachusetts. She can be contacted for article references at [paysons@aol.com](mailto:paysons@aol.com).*





## ADJUTANT NOTES

The Department Convention is March 6, 7, & 8 in Puerto Peñasco, Sonora (Rocky Point) this year — the convention and DEC meetings.

Yes, it is set a little earlier than previously. The Department of Mexico's Commander has scheduled it during this time to ensure the Rocky Point members will be in town, they are mostly seasonal visitors. The Department Commander wants to encourage membership in this growing Post.

The Post Commander and I will be attending, and we request any member able to accompany us to come along. We are the second largest Post in Mexico and should have a larger showing that the other Posts.

We are staying at the El Mirador Hotel on the beach. For details about the hotel go to, <http://elmiradorrockypoint.com/> Meetings will be held at Post #15 across from the hotel. To learn about Post #15 go to <http://rptimes.com/rob-day-lor/2011/12/american-legion-post-mx-15>.



Secondly, the National Vice Commander is visiting us April 6 through the 10. Paul L. Espinoza is a member of American Legion Post #13 in Albuquerque, N.M. He served in the U.S. Army in the 82nd Airborne Division and an additional 18 years in the New Mexico Army National Guard. He has held various offices at every level in The American Legion, including Department of

New Mexico Commander. He is a 2011 graduate of American Legion College.

**At 1 p.m. on the April 7, will be a meet and greet, a short presentation and then he will be available to talk with everyone. All members should attend.** Invite all you veteran friends, spread the word, they should hear this too. *See ad on Page 18.*

Thank you,

**Vince Britton**  
Adjutant



## Month of November



### Barbara Madren

Barbara volunteers on a regular basis to sell event tickets — and thanks to her we always have a good turnout. Thank you Barbara.



## Employee of the Month

### October, November & December Quarter

#### Anna Ramirez

Thank you Anna for your extra efforts in food preparation, overtime hours and additional work — all done with a smile.





## Leaving Identity Issues to Other Folks

by Phyllis Allen

Standing in the rain waiting to go up the steps to the balcony of the Grand Theater I gripped Mama's hand and watched the little blond kids enter the lobby downstairs. It was the '50s, I was "colored" and this is what I believed: My place was in the balcony of the downtown theater, the back of the bus and the back steps of the White Dove Barbecue Emporium. When I asked Mama why this was so, she smiled and said, "Baby, people do what they do. What you got to do is be the best that you can be."



We got our first television in the '60s and it brought into my living room the German shepherds, snapping at a young girl's heels. It showed children just like me going to school passing through throngs of screaming, angry folks, chanting words I wasn't allowed to say. I could no longer be "colored." We were Negroes now, marching in the streets for our freedom — at least, that's what the preacher said. I believed that, even though I was scared, I had to be brave and stand up for my rights.

In the '70s: beat-up jeans, hair like a nappy halo and my clenched fist raised, I stood on the downtown street shouting. Angry young black men in sleek black leather jackets and berets had sent out a call from the distant shores of Oakland, Calif. No more non-violence or standing on the front lines quietly while we were being beaten. Simple courtesies like "please" and "thank you" were over. It was official: Huey, H. Rap, and Eldridge said so. I believed in being black and angry.

By the '80s, fertility gods lined the walls and crammed the display cases of all my friends' houses. People who'd never been closer to Africa than a Tarzan movie were speaking broken Swahili. The '80s made us hyphenated: African-American. Swaddled in elaborately woven costumes of flowing design, bright colors and rich gold I was a pseudo-African, who'd never seen Africa. "It's your heritage," is what everybody said. Now, I believed in the elusive promise of the Motherland.

In the '90s, I was a woman whose skin happened to be brown, chasing the American dream. Everybody said that the dream culminated in stuff. I believed in spending days shopping. Debt? I didn't care about no stinkin' debt. It was the '90s. My 401(k) was in the mid-six figures and I believed in American Express. Then came the crash, and American Express didn't believe in me nearly as much as I believed in it.

Now, it's a brand new millennium and the bling-bling, video generation ain't about me. Everything changed when I turned 50. Along with the wrinkles, softened muscles and weak eyesight came the confidence that allows me to stick to a very small list of beliefs. I'll leave those identity issues to other folks. I believe that I'm free to be whoever I choose to be. I believe in being a good friend, lover and parent so that I can have good friends, lovers and children. I believe in being a woman — the best that I can be, like my Mama said.

Phyllis Allen has sold Yellow Pages advertising for 15 years. She spends about half her working hours in her car covering her territory around Dallas and Fort Worth, Texas. When she retires, she hopes to pursue her first passion, writing.

**Important Contact Numbers**

**Department Of Veterans Affairs**  
 1-844-698-2311 (menu of options)  
 1-800-827-1000 (benefits)  
 1-877-222-8387 (health care)  
 1-800-273-8255 Press 1 (crisis hotline)

**Website:**  
[www.va.gov/landing2\\_contact.htm](http://www.va.gov/landing2_contact.htm)



**AMERICAN LEGION  
CHAPALA POST #7**



### Roll Call Staff

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**Computer Layout:** Marianne Carlson

**Proofreader:** Jan Manning

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**All articles MUST BE submitted by the 13th day of the month for inclusion in the next month's Roll Call. Send to [mariannecarlson@gmail.com](mailto:mariannecarlson@gmail.com).**



# Lifestyles & Technology

## App Links Donors to People Needing Blood

Altruistic blood donation in Mexico is uncommon and usually occurs when a patient in need turns to relatives. But an entrepreneur is changing that mindset with a mobile app. According to data gathered by the national health care institution IMSS, “Mexico is the archetype of family blood donation.” Only 3% of donations are considered altruistic, that is, the donor decided to do so without having a relative in need.

César Esquivel experienced the harsh reality of the situation through a co-worker who lost his wife after she became ill and needed blood. “He was very worried,” Esquivel said. “He couldn’t even find it on the black market. He told me, ‘If I don’t get the blood, they’re not going to help my wife.’”

That experience stayed with Esquivel, who one year later, with his brother Javier, founded a firm called Blooders after developing the idea at a “startup weekend” event held by project incubator Startup Studio



Monterrey. That event helped the brothers raise the \$50,000 U.S. needed to kick-start the design and development process.

The premise behind Blooders and its mobile app is simple: link voluntary blood donors with those in need of a blood transfusion.

Users can view a list of available hospitals — both private and state-run — in Mexico City, Monterrey, Puebla and Tabasco. Through a commercial partnership signed with the medical facilities, the mobile app is able to offer its service free of charge to users.

“It’s like Kickstarter for blood donation,” explained Esquivel. The relatives of patients in need of a transfusion create a campaign on the Blooders platform, setting the goal in accordance with each particular case and making it easy for donors to identify the most urgent ones.


Another advantage for voluntary donors is that they can schedule a session at the medical facility of their choosing, overcoming one of the major drawbacks of the practice in Mexico: wait times of between three and four hours. Esquivel also hopes to put an end to a sort of cultural prejudice

against donating blood.

People fear transfusions, Esquivel told Forbes México. “There is this series of myths: if you donate you’ll gain weight, or you’ll get infected,” but nothing is farther from the truth.

The young entrepreneur hopes to be a positive force in shifting that mindset, and summarized his motivation in a phrase: “Donating blood doesn’t hurt. It hurts to need it but not to have it.” Men can donate blood four times a year while women can do so three times. Considering that with a single session a donor can save three lives — the blood is separated into three components — an adult aged 18 to 75 can save between 420 and 560 lives, Esquivel explained. In its current narrow geographical scope, the Blooders platform has reportedly saved 6,000 lives, but Esquivel hopes to close next year with 12,000 to 15,000 more cases and extend the coverage to the whole country and, later, to Latin America.

More info is available at <https://blooders.org/index> where you can register or solicit blood donations. The site is in Spanish.



**If you want to lose a few pounds, maintain a healthy lifestyle, and have fun doing it, then join us at Lighten Up.**

**Meeting begins at 10:30 a.m. Thursdays at La Bodega Restaurant, Ajjic**  
**Come early to sign up & LIGHTEN UP**

- Use any life-change plan you choose
- Weigh-in or not - your choice
- Learn about nutrition
- Share recipes
- Discover great shopping info
- Share your stumbling blocks
- Get great input from others
- Guest speakers occasionally
- Meet new people

**Contact James Wayne** [lightenupajjic@outlook.com](mailto:lightenupajjic@outlook.com)  
for questions or just come to a meeting.

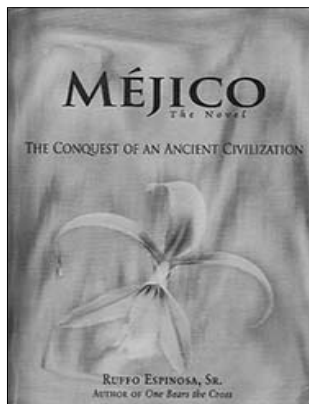
# REVIEW

by James Tipton

## *Méjico: The Conquest of an Ancient Civilization*

by Ruffo Espinosa, Sr.

Ruffo Espinosa, Sr., the author of this remarkable historical novel, was born in Mexico in 1907, although he spent most of his adult life in the U.S. He studied both at the University of Southern California and the University of Arizona, and held a bachelor of arts in English and a doctorate in Law. Throughout his life he remained fascinated by the “the conquest of Mexico.”



The short “Biography of Ruffo Espinosa” at the back of the book says that “As a champion for the underdog, Mr. Espinosa felt that history unjustly dishonors Spanish conquistador, Hernán Cortéz; Aztec emperor, *Moctezuma*; and *Olutla* Princess, *Malintzín*, who had been branded a prostitute and traitor by Mexicans for her assistance to Cortéz in facilitating the conquest of the *Aztec* civilization. After researching literature in the Nahuatl and Spanish languages, Mr. Espinosa discovered that the three characters had a glorious story to tell. He traveled extensively throughout México and 45-five years later, he wrote his novel.”

And a fine novel it is! When I first picked up *Méjico: The Conquest of an Ancient Civilization* and saw that it was 672 pages long, I thought, even though the subject fascinates me, that this book, by someone totally unknown to me on top of it, would be difficult for me to finish. How wrong I was. I began on a Saturday afternoon, read late into the night, completely absorbed, read in whatever time I could find on Sunday, and still absorbed finished the novel on Monday . . . not wanting it to be over!

The Foreword says it clearly — “This epic story of love, hatred, religion, greed, war, pageantry, and honor is artfully woven by the author between three primary participants in the conquest. Hernán Cortéz, who came to conquer an empire in search of wealth and fame, found a magnificent people led by Emperor *Moctezuma*. The emperor accepted the *conquistador* because he thought Cortéz was the Plumed Serpent, *Quetzalcoatl*, returned to fulfill the prophecy of his fathers.

“The princess, *Malintzín*, became interpreter for Cortéz and the Aztecs. The intelligence, strength, beauty, and character of this young woman gave Cortéz access to all the secrets of this New World. History has branded her a traitor when it was her love for her people, her country, and her faith in *Quetzalcoatl* that brought her to Cortéz.

“The last emperor of the Aztecs, Cuauhtémoc, was valiant and courageous in his vain efforts to unify his people against the conquistadores. With him died the Aztec civilization and the Indian hope for the future.”

(Note that the Princess *Malintzín* (in Nahuatl “*tzin*” denotes nobility) in other texts is often called *Malinche* or *La Malinche*, although in Ruffo Espinosa’s book *Malinche* is a *Nahuatl* word that actually means “great warrior” and it is applied to Cortéz and not *Malintzín*.)

Almost all of the novel is told through first person accounts — often of the same event seen through the eyes of Hernán Cortéz and then through the eyes of Princess *Malintzín* — although their son, Martín Cortéz, begins and ends the tale.

The novel begins with the birth of Cortéz in the town of *Medellín* in *Extremadura* province in Spain, “seven years before Christopher Columbus gave Ferdinand and Isabela the New World and my life its destiny.” His youth in the streets of Spain, fighting for his own honor and for the honor of his comrades, is a story in itself. Likewise, we soon hear, in her own words, the story of the young Princess *Malintzín* — not *Aztec*, incidentally, but *Olutla* — and we begin to understand the *Aztec* empire, where a few ruled over a confederacy of many different Indian groups, some of whom hated their *Aztec* rulers and the corrupt and power-mad priesthood that controlled *Moctezuma*, keeping him drugged each day and therefore willing to allow their insane demands for human blood.

Initially, the priesthood was satisfied with the blood of captured warriors, but then their high priest, *Xicotl*, decides that their god, the war god *Huitzilopóchtli*, “demands not masses of nameless human trash but persons of quality,” and he begins to sacrifice, presumably by lottery, the firstborn princes of the confederacy, in reality choosing the sons of those Indian groups they felt threatened the power of their *Aztec* priesthood.

*Malintzín*’s father, the non-*Aztec* King *Malináli Tenepal*, tells her: “This is the beginning of the end . . . The priests hate the nobility because we are their only rivals. They own *Moctezuma*. We are now seeing the systematic extermination of *Méjico*’s noble families.”

(Continued on Next Page)



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Finally, the *Xicotl* demands that the drugged Moctezuma himself sacrifice his best friend, *Malintzín's* father, to please their war god *Huitzilopóchtli*, and, sadly, *Moctezuma* carries out the sacrifice himself, with the young princess in horror watching. The princess writes: "I looked at this monster, this predator who had ripped out my father's living heart. He embraced and kissed me. Never had I felt such coldness and there never burned in a woman's heart such a lust for revenge."

*Malintzín* and Cortéz discover each other and begin to fall in love. Cortez, the hardened soldier who had never found a woman he loved more than his horse *Morito*, begins to soften in his heart. After succumbing to his passion for *Malintzín*, he writes: "I had found with this innocent girl what I, in my wildest imagination, never believed to find in this world. This feeling was not only for *Malintzín*, bit also for the beauty and mystery of the *Méjico* she was leading me to see." *Malintzín's* reaction: "I could not doubt that he was either *Quetzalcoatl* or his spirit...."

Cortez was immediately fascinated by *Tenochtitlán*, the magnificent *Aztec* capital (part of which is now Mexico City), but sickened at the human sacrifice, evidenced so clearly by the "skull rack, which contained over one hundred thousand human heads . . ."

Like the books in the ancient library at *Tenochtitlán*, the manuscript of *Méjico: The Conquest of an Ancient Civilization* could easily have been lost. The author, Ruffo Espinosa, Sr., succumbed to pancreatic cancer in 1987. Friends of the Espinosa family, author Mark W. Royston and his wife Doris, some years later read the book in manuscript and encouraged and guided the family to publish it.

## Consulate Visit Dates for 2017

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February 1  
March 1  
April 5  
May 17  
June 7  
July 12  
August 2  
September 13  
October 4  
November 8  
December 6



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(Sudoku Solution on Page 31)

# Radiofrequency Neuroablation

PhD, MD Pain Management

Guillermo Arechiga Ornelas

Nerves play an important part when it comes to pain. They're responsible for transmitting pain signals from the painful areas of your body to the central nervous system (i.e. the spinal cord and brain). It makes sense, then, that nerves can also play an important part when it comes to treating that pain. That's where radiofrequency neuroablation comes in.

**Background and Uses:** Radiofrequency ablation (RFA) — also called radiofrequency rhizotomy and radiofrequency neurotomy — was first used to treat back pain in 1975 by CN Shealy.[1] In a paper regarding the topic the following year, Shealy concluded that in properly selected patients, 82% experienced partial to total pain relief with no neurologic complications.[2]



RFA is used to treat pain stemming from the facet joints, both in the spine (lumbar and thoracic) and neck (cervical). Facet joints are where each vertebra connects with the vertebrae above and below it. These joints both stabilize the spine and limit excessive motion.[3] Normal wear and tear, injury and disc degeneration can all cause issues with the joints, resulting in back or neck pain. In a systematic review in the journal *Pain Research and Management*, five out of six studies found that in cases of chronic back pain resulting from such facet issues, performing RFA resulted in statistically significant reductions in pain.[1]

The procedure is ideal for pain that hasn't responded to conservative therapies, such as physical therapy or medication. Before the procedure, physicians will typically perform a diagnostic nerve block to ensure that the patient is a good candidate for the procedure.

RFA is a minimal invasive treatment with a quick recovery, normally you can go back to your activities on the same day.

**How it Works:** During an RFA procedure, heat from an electrode is used to cauterize one or more nerves, thus disrupting pain signals to the brain.

To begin, after the patient has received medicine to help them relax and the area around the injection site has been numbed, the physician inserts a small tube called a cannula into the spinal area and guides it to the right nerve with the help of an X-ray device. An electrode is inserted through the cannula and its position is tested with a small jolt before the nerve is heated.[3]

To heat the nerve, a high frequency electrical current is administered, which causes molecule movement and produces thermal energy.[1] This, in turn, creates a small lesion within the nerve, disrupting its ability to transmit pain signals. The doctor may treat several nerves, if necessary.

**Following the Treatment:** After an RFA procedure, pain relief may not be immediate. The injection site will be sore and back or neck pain may still persist, but, if the correct nerves were treated, the pain will gradually decrease over several weeks.

Partial or total pain relief from radiofrequency can last for several months thru some years. Nerves do grow back, however, so the procedure may need to be repeated. But, unlike invasive surgeries or long-term medication usage, there are few serious side effects to the procedure, allowing you to get back to a better quality of life.

**More Information:** To learn more about radiofrequency neuroablation, or to schedule an appointment with a pain specialist to discuss treatment options Call 33 3640 4190, *see our ad on the inside front cover* or visit our webpage [www.paliare.mx](http://www.paliare.mx)

[1] Leggett, Laura E., Lesley Jj Soril, Diane L. Lorenzetti, Tom Noseworthy, Rodney Steadman, Simrandeep Tiwana, and Fiona Clement. "Radiofrequency Ablation for Chronic Low Back Pain: A Systematic Review of Randomized Controlled Trials." *Pain Research and Management* 19, no. 5 (September/October 2014): 146-E153. [2] Shealy, C. Norman. "Facet Denervation in the Management of Back and Sciatic Pain." *Clinical Orthopaedics and Related Research*, no. 115 (March/April 1976): 157-64. [3] López-Rodríguez MA, Varela M and Camba MA. *Uses of radiofrequency for the management of benign chronic pain. A review of the literature published in the past 6 years.* *Rev Soc Esp Dolor* 2001; 8: 397-411.

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## Mezcal's History is Older Than Thought

The established belief that the process of distilling alcohol arrived in Mexico with the Spanish invasion of the 1500s has been debunked by the research of two university professors.



Studies conducted over more than 10 years by Mari Carmen Serra Puche and Jesús Carlos Lazcano Arce of the Anthropological Research Institute at the National Autonomous University of Mexico (UNAM) have shown that distillation was employed in Mesoamerica at least 2,500 years ago.

The researchers' field investigations took them to the states of Tlaxcala and Oaxaca, among other mezcal-producing regions, and culminated in a recently published book that details the results of their archaeological, historical and even chemical studies.

In their book, *El Mezcal, Una Bebida Prehispánica* (Mezcal, a pre-Hispanic beverage), the professors refer to a discovery in the pre-Hispanic city of Xochitécatl-Cacaxtla, in Tlaxcala. There, Serra and Lazcano found houses with ovens that didn't appear to have been used for common activities such as firing pottery. "On the oven walls we observed runoff stains; we didn't know what had made them, but we inferred that organic matter had to have been cooked there," said Lazcano.

A large number of burned stones were also found within the ovens. "These had no immediate apparent utility, but we were certain they were not needed in the elaboration of pottery. We now know they were used to conserve heat," he added.

A chemical analysis performed by UNAM specialists on samples of the runoff stains determined that they were organic in origin, and they were identified as having come from the cooked hearts of the *maguey* plant, known as piñas.

Serra said that while clay fragments had been found, they were not the common discarded remnants of pottery manufacturing. Instead, "the fragments belonged to the lower half of very large pots, which we were to later identify as

part of the stills." Until now it has been thought that the only alcoholic beverage in pre-Hispanic Mexico was *pulque*, the fermented sap of the *maguey* plant.

## Volunteers Watch Over Monarchs' Reserve

More than 1,500 volunteers are helping to keep illegal loggers from felling trees in the national protected area of the Monarch Butterfly Biosphere Reserve in the states of Mexico and Michoacán.



In order to protect the forests and the monarch butterflies' winter habitat, the federal government has implemented permanent surveillance by the National Gendarmerie and Army and Navy personnel who coordinate their monitoring with 1,650 community watchmen belonging to 85 Environmental Surveillance Committees.

Sabino Marín Reyes, 61, is one of those watchmen and three times a week he walks for two hours to reach the area, where he monitors activities in the forest in the hope that his presence will discourage loggers. Marín says area residents fight the logging because they don't want to lose more trees but there has been some danger. Ten years ago he was injured in a gunfight with loggers and had to spend two months in hospital.

Watchmen like Marín warn authorities of any suspicious activity while they're on patrol and they also have the role of replanting areas affected by illegal tree cutting.

This year, the community watchmen have reforested 100 hectares within the reserve grounds. For their efforts, environmental authorities provided them with uniforms and an economic stimulus of 7 million pesos (US \$362,000), which amounts to just over 4,200 pesos for each watchman, or close to US \$220.

Alejandro Ramírez Sánchez, a watchman since 1997, said Mexico City and the State of Mexico have potable water thanks to surveillance of the forests. "If they let the forest go there won't be any water left."

Extending over 56,259 hectares of forest land, the butterfly reserve is the wintering grounds for the migrating insects, but it is also one of the 108 forested areas identified by the authorities as being at risk due to illegal logging.

(Continued on Next Page)

(Continued from Previous Page: Missives from Mexico)

During the last year, reports of logging within the reserve have decreased by 40% compared to the previous season, yet the threat persists.

## Feds Challenge State on GM Crops Decree

The Supreme Court will soon rule on the scope of a federal agricultural regulation that allows for the cultivation of genetically modified (GM) crops, a regulation that is contested by the state of Yucatán.

Governor Rolando Zapata Bello issued a decree in October declaring the state as a “GM crop-free zone” and ordering the cultivation of organic crops. On December 13, 2016 the legal counselor in the president’s office, Humberto Castillejos, requested that the Supreme Court declare Zapata’s decree invalid. Castillejos argued that the government of Yucatán had overstepped its authority by assuming jurisdiction over a matter for which the federal Congress is responsible.

While the Supreme Court accepted Castillejos’ request, it refused to issue a provisional suspension of the Yucatán decree while it deliberated the matter. The court’s ruling focus only on the limits of the powers — if any — of local governments regarding GM crops. No pronouncement will be made over the scientific and environmental controversies surrounding the use of genetically modified seeds.

Honey producers in Yucatán and neighboring states have repeatedly raised concerns over the cultivation of GM crops and their impact on the quality of their product. Beekeepers have been litigating against the federal decision to allow GM crops since 2011, achieving a big win in 2015.

In November 2015, the Supreme Court suspended a permit granted to the agrichemical firm Monsanto to farm genetically modified soybeans on over 250,000 hectares in the region, on the grounds that local indigenous communities had to be consulted before granting any permits for transgenic soy farming.

According to the secretary, the Zapata administration issued the decree because the federal Agriculture Secretariat (Sagarpa) neglected to take into consideration the risk GM crops represent for life and biodiversity, including the purity of aquifers in the state and pollination cycles, on the cultivation of organic soy and honey production.

While acknowledged that Sagarpa is able to determine GM-free zones, the state of Yucatán has assumed a stance on the matter, setting a precedent at the national level.

## Now it’s Medical Tourism



The population of the small border town of Los Algodones, Baja California, is now seeing its annual seasonal increase. The difference here is that the visitors come for medical reasons. Located about 50 kilometers from the state capital of Mexicali, Los Algodones was originally an agricultural town dedicated to the harvest of cotton, hence the name. But the economy started shifting after the first medical consultation office opened in 1986 — 30 years later, the medical tourism boom is far from over. The season begins in December and stretches until March, driven by Americans and Canadians traveling south for dental and other medical services and cheaper medications.

The town’s economy is centered around a three or four-block stretch on five streets where visitors spend an estimated \$6 million U.S. annually. Its population numbers just 4,000 but it boasts some 350 medical clinics. Los Algodones in particular, and Mexico in general, are preferred by patients from abroad for the lower costs of all medical services.

Examples: A young leukemia patient whose parents spent \$2 million in the U.S. Having depleted their insurance, the child was brought to Mexico where they paid only \$10,000 U.S. Francisco is a Mexican dental patient, but a resident of Santa Rosa, California. Dental care there is extremely expensive . . . without insurance, a single crown costs between \$2,500 and \$3,000 U.S. In Los Algodones, the price is \$250 or \$300.”

American visitors usually cross the border on foot. Once on the Mexican side they are offered medical and dental services by salesmen with good English. Los Algodones has some 400 dentists, of whom one estimates that 70% of their patients are American. The rest are from Canada, and many stay here three to five months.

According to one estimate, Mexicali welcomed nearly 192,000 medical tourists in 2013. The figure for Los Algodones was nearly 119,000.

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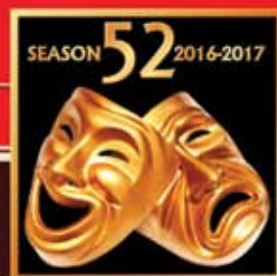
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Paul L. Espinoza is a member of American Legion Post #13 in Albuquerque, N.M. He served in the U.S. Army in the 82nd Airborne Division and an additional 18 years in the New Mexico Army National Guard. He has held various offices at every level in The American Legion, including Department of New Mexico Commander. He is a 2011 graduate of American Legion College.

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# Marine Sees Stray Dog In Afghanistan & Knows What He Has To Do

When Marine Craig Grossi arrived in Afghanistan's Sangin District, where he and his unit would spend the next few days fighting the Taliban, the last thing he expected to get out of the experience was a friend. When the fighting finally subsided however, Craig had a moment to catch his breath and check out the region in which no other Americans had been for years. It was among the debris that Craig first spotted a lively little low-rider of a dog who would go on to become his best friend.



Though most dogs in the area tended to travel in packs and weren't so friendly towards people, this little guy seemed different. Having constructed a little camp of his own in some near-by bushes, the small pooch seemed to be pretty self-sufficient and didn't appear to be opposed to people, as he occasionally walked across the marine compound when out in search of food. Though not an incredibly intimidating little dude, there was something in the dog's swagger that exuded a friendly confidence.

Intrigued, Craig couldn't help but skirt around the Marines rule about not approaching dogs for safety reasons. Armed with a piece of beef jerky, he cautiously approached the pup, who was super dirty and covered in bugs. Then, Craig says, something magical happened, "He wagged his tail and it blew me away." Offering his hand, Craig's heart melted as the stray accepted a few loving scratches behind the ear, quite possibly his first positive interaction with a human.

The bond was sealed as Craig started to walk away only to feel a pint-sized poke at his ankle, look down, and see his new buddy following. "Looks like you made a friend!" someone from the base shouted. From far away however, Craig thought his fellow marine had said "Looks like a Fred," and so his new pal was named. From that point on, Fred became Craig's constant companion, even joining his unit to go out at night and make sure civilian families were safe from Taliban fighters. Though the marines initially worried that Fred might bark, the feisty four-legged recruit quickly figured out the importance of silence and faithfully remained in stealth mode the entire time.

Fred wasted no time in stealing the hearts of the other men in Craig's unit, but found himself at a crossroads when it came time for the Marines to return to their main base. Unsure whether his new pal was up for going on with them, Craig sat down for a heart to heart with Fred the night before departure and asked him for a sign. Sure enough, the next day when the helicopters arrived, Craig felt a familiar poke and looked down to find a terrified but willing Fred ready to ship out.

Though excited to take his new buddy along with the unit, Craig was not unaware of the dangers the two faced by enacting Fred's

covert mission. "If I got caught with him, I could go to jail," Grossi said. "And he would be put down, no questions asked." Luckily Fred's stealth training came in handy as he was snuck about the chopper, expertly disguised as the contents of an unassuming duffel bag. Arriving at the base safe and sound, the pair found fate waiting to help them out.



As they were driving along in a friend's pick-up truck, Craig was delighted to discover that a shipping company had set up a station near the base and headed over that night to ask a few questions about "hypothetically" shipping a dog home to the US. When the men at the shipping station asked Craig to produce the hypothetical hound, Fred arrived ready to once more turn on the charm. After confirming that the men at the shipping company were adequately smitten by Fred, Craig was forced to leave his new pal in their care for a brief time while he returned to the field and figured out the necessary paperwork to ship Fred to the States.

As it turned out, Craig's return would be accomplished by a narrow margin, as he wound up suffering a brain injury during a rocket attack while away. Even as he recovered in the hospital however, his thoughts were never far from his four-legged friend. When he was finally able to return for Fred, Craig confesses his nerves were on edge, "I look around and I don't see Fred," Grossi said. "But then I see the workers playing soccer and Fred is in the middle, running around with guys from all over the world. It was just this universal moment."

As the pieces came together and the paperwork was prepared, Fred was almost ready to ship out to join Craig's family in the U.S. But one mere detail was all that was standing between the tiny patriot and his new home- a mode of transportation. As Craig was desperately trying to figure out a mode of travel for his pal, fate again intervened as he was approached one night in the cafeteria by a fellow marine.

Though Craig hadn't previously known the man, the stranger confessed that he knew of Fred and his plight and was willing to help on the down low. As it turned out, the friendly fellow soldier was working in a unit which cared for military dogs and was happy to lend Fred a crate for his journey. Soon after, Fred was safely on a plane and on his way to JFK airport, where Craig's family arrived to intercept him.

Three months later, Craig returned home and was reunited with his little pal who had since been cleaned up and was enjoying a whole new life. The pair have remained inseparable ever since and even traveled the country together in 2015, telling their story to animal lovers along the way. The two are currently working on a book together about Fred's path to a new life.







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## **The RCAF in Korea (1950-1953)**

The communist North Koreans streamed across the South Korean border in 1950 and the first hot season of the Cold War was on.



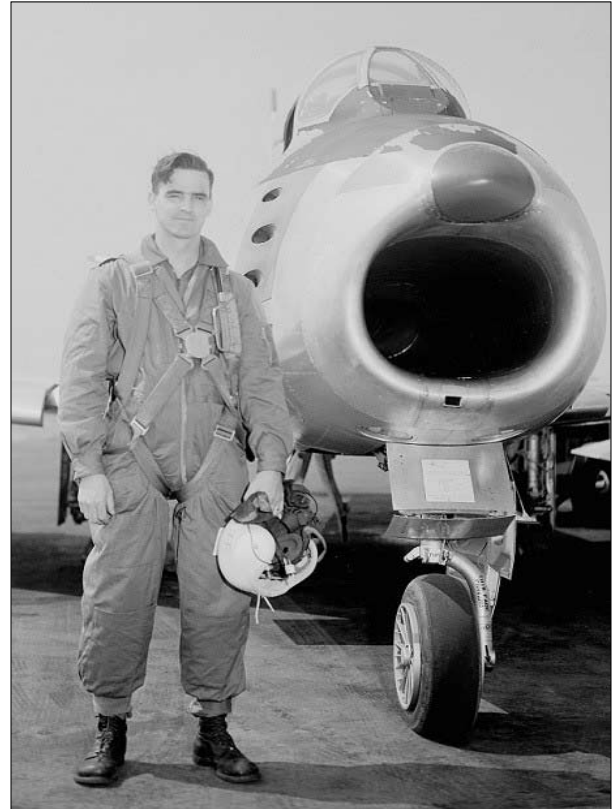
*The crew of a 426 Squadron North Star unload baggage at Haneda Air Base near Tokyo after a flight from McChord Field.*

The Canadian contribution to the air effort began early in the war when 426 Transport Squadron was attached to the United States Air Force's Military Air Transport Service. It moved to McChord Air Force Base in Washington to carry out its duties.

The squadron flew Canadair 12 "war strength" C-54GM North Stars on 599 round trips over the north Pacific, transporting 13,000 personnel and three million kilograms of freight and mail to Japan. There, cargo was off-loaded for onward transit to Korea. The intense, challenging route, which involved long legs over open water, terrible weath-

er and a treacherous landing strip at the midway point in Alaska, took them perilously close to the Soviet Union. Although there were some close calls and incidents, there were no fatalities and no cargo was lost during the airlift.

Twenty-one Royal Canadian Air Force (RCAF) fighter pilots (in addition to Flight Lieutenant Omer Lévesque, who was already serving on exchange with the Americans when the war broke out) volunteered to fly F-86 Sabres with the United States Air Force (USAF) — although not all of them saw combat.



*F/L Ernie Glover shot down three MiG-15s.*

They flew with the USAF's 4th Fighter Interceptor Wing (FIW) at Kimpo or 51st Fighter Interceptor Wing (FIW) at Suwon and served for six months or 50 combat missions, whichever came first. A combat mission usually consisted of flying 200 miles (320 kilometers) over enemy territory to the infamous "MiG Alley" (near the Chinese border) area, patrolling, contacting and fighting with the communists' MiG-15s.

The RCAF accounted for nine MiG "kills", two "probables" and 10 "damaged". High scoring pilots included Flight Lieutenant (F/L) Ernie Glover with three kills and three damaged, and Squadron Leader (S/L) Doug Lindsay with two kills and three damaged. Most RCAF personnel who served in the Korea theatre — approximately 800 —

**(Continued on Next Page)**



(Continued from Previous Page)

— belonged to 426 Squadron, while the remainder were fighter pilots, flight nurses, and supply, technical and photo intelligence personnel. As well, a number of Canadian Army personnel flew with the USAF as forward air controllers in the 6147 Tactical Air Control Group, informally known as the “Mosquitos”. The government of Canada declared 2013 to be the “Year of the Korean War Veteran” to mark the 60th anniversary of the signing of the Armistice on July 17, 1953.

*We are a group of former military and civilian aviators and aviation enthusiasts who gather each month to share a common interest. The 904 Wing normally has their Winter Regular Meetings on the second Thursday of each month, April thru November, at Nueva Posada Hotel, Calle Donato Guerra #9, Centro Ajijic, and Beer Calls on the fourth Thursday, see the website for the location.*



## **SERVICE OFFICER**

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## **Congenital Heart Disease (CHD) in Children**

Congenital heart disease (CHD) is the #1 cause of birth defect-related deaths in newborns and one-year olds.

Nearly 1 in 100 newborns are born with CHD; and approximately 77% of them will need heart surgery or other interventions to survive. Most of them do not have medical coverage — Seguro Popular no longer provides this type of surgery.

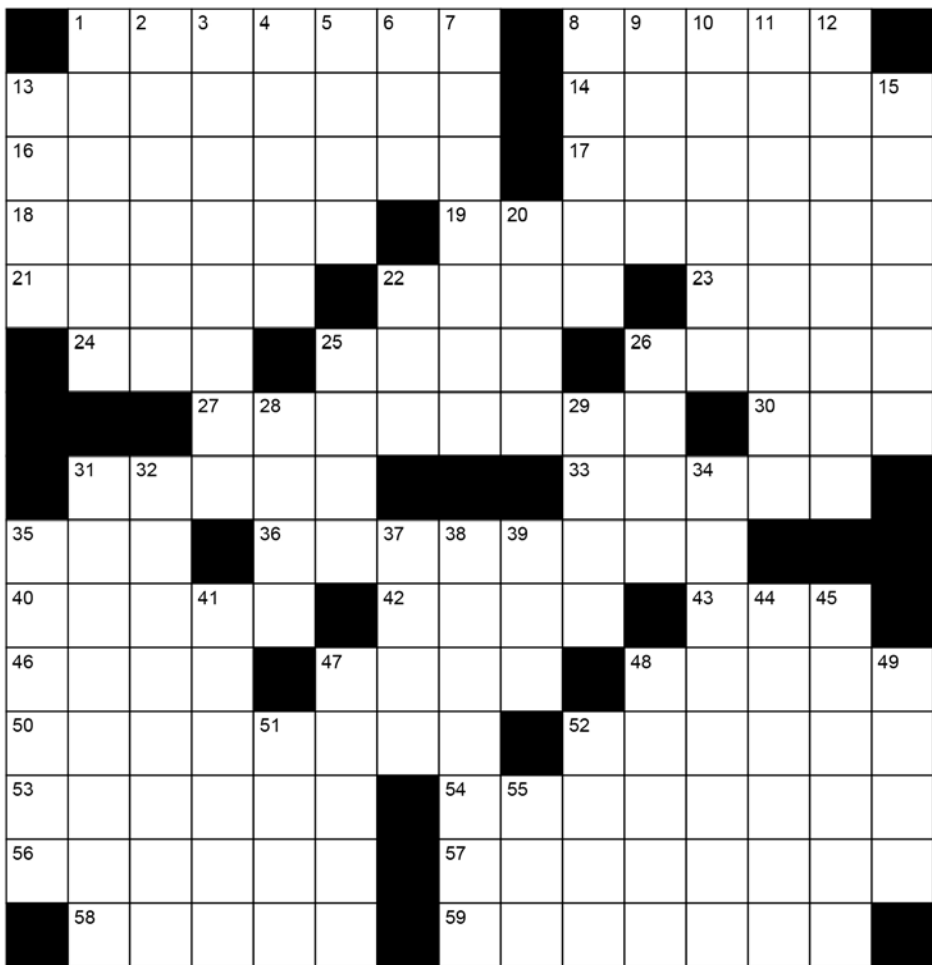
On February 14, we will celebrate the Worlds CHD Day. If you wish to donate, go to [www.taiyari.org](http://www.taiyari.org). We have a long list of children waiting for an opportunity to have a better life. Or contact Diana Ayala: [diana.ayala@taiyari.org](mailto:diana.ayala@taiyari.org)



*Every 15 Minutes...*

**a baby is born with a  
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# Crossword



### Across

1. Determined
8. Puccini classic
13. Robin or Ted
14. Traveling, as a band
16. Tither's amount
17. Propped-up shelter
18. Say back
19. 1882 Gilbert and Sullivan operetta
21. Damon and Dillon
22. Supplies with guns
23. Rider's whip
24. Nashville sch. home to the Tigers
25. Vis-à-vis
26. 'Rocky' actress Talia
27. No-sweat job
30. Minus starter?
31. Franz Kafka, for one
33. Ruminated
35. "The Serpent and the Rope" novelist
- Raja
36. Strong and unwavering

40. WWII buy
42. Long-distance acronym
43. Theologian Johann von \_\_\_\_
46. Web page
47. Mary Lincoln's maiden name
48. Apple orchard pest
50. In an absurd manner
52. Take a deep breath
53. Impulse conductor
54. To an intense degree
56. Metro entrances
57. Rattles
58. Fashion
59. Unsure sort

## Down

1. Patronize, as a restaurant
2. Picks via polls
3. Pilot's concern
4. Reduces the fare
5. Sensible
6. CPR giver, often
7. Polo alternatives
8. Highway costs
9. Prime draft status
10. Use a tourniquet
11. Sorry
12. Wrote
13. Book or inch follower
15. Ebert's one-time review partner
20. Melville tale
22. Query
25. Eight, in Aachen
26. Branch line
28. Coll. in La Jolla
29. Actress Thurman et al.
31. Kitchen fixtures
32. Hepcat's attire
34. King and Hawking
35. Polymer products
37. Off base, say
38. Ohio's state insect
39. Sought by the cops (abbr.)
41. Just about
44. Use a credit card
45. Murderer
47. Under pressure
48. Nay sayers
49. Tunisian titles
51. Yuletide song
52. "If you build \_\_\_\_ will come" ("Field of Dreams" otherworldly advice)
55. Shiba \_\_\_\_ (Japanese dog)



# Activities Corner

*(Schedule is subject to change)*

## FEBRUARY

- 1 Wednesday U.S. Consulate Visit: 9:30 to 10:30 a.m.  
4 Saturday **1st Saturday Bazaar** - see ad on Page 12  
5 Sunday **Super Bowl**: (bring botanas) - see ad on Page 4  
6 Monday Mexico's Constitution Day: Kitchen closed bar opens at 12 p.m.  
7 Tuesday Auxiliary Meetings: E-board 10:30 a.m.; General, 11 a.m.  
14 Tuesday Legion Meetings: E-board 12 – General 1 p.m.  
14 Tuesday **Romantic Interlude with La Rondalla** - see ad on Page 30  
28 Tuesday **Mardi Gras**: Social hour 3 p.m.; DJ Howerd entertainment; Dinner 4 p.m. jambalaya with candied carrots, tomatoes vinaigrette, corn bread, and ice cream. Tickets \$175 pesos. See ad in centerfold.  
28 Tuesday FMC: 10:30 a.m.

## MARCH

- 1 Wednesday U.S. Consulate Visit 9:30 – 10:30 a.m.  
4 Saturday **1st Saturday Bazaar**: 10 am – 2 pm - see ad on Page 12  
6,7,8 Department DEC/Convention: Rocky Point  
7 Tuesday Auxiliary Meeting: E-board 10:30 – General + ELECTIONS 11 a.m.  
14 Tuesday Legion Meetings: E-board 12 – General 1 p.m.  
21 Tuesday Benito Juárez's Birthday Memorial: National Holiday (kitchen closed Bar open 12 pm)  
28 Tuesday FMC: 10:30 a.m.

## Weekly Activities

**Happy Hour** Bar opens at noon daily. Happy Hour is from 3 to 6 p.m.

There is NO Happy Hour during events

**Wednesday**, Bridge 1-5 p.m.

**Friday** - AA meeting 10 a.m.

**Saturday** - Kitchen closes at noon. Fish Fry, 3 to 6 p.m.

**Sunday** - Kitchen closed. Grilled hamburgers & hotdogs, 12 to 3 p.m.



## Other Information

- **The Post Commander is available at the Legion on Tuesdays & the Auxiliary President on Thursdays.**
- **Monday to Friday** - Duty Officer, 10 a.m. to 1 p.m.
- If you do not have a copy of your **DD214** on file with the Legion, please turn one in to the Post adjutant or the duty officer.
- The Legion has a **library** that loans out books to our members.
- **WIFI** is available at the Legion

**Contact Post Adjutant Vince Britton, 331-358-8944, vincebritton12@gmail.com  
if you have information to add to the Activities Corner.**

**There will be no activity at the Legion that has not been authorized by Vince.**



## WWII Veteran Wins Battle Against Lifelong Foe

Ed Bray stormed the beach at Normandy during WW II, earning two purple hearts. And yet, the toughest thing the 89-year-old said he had to face in his life was his illiteracy. "The toughest thing that ever happened to me in my life was not being able to read," he says. For decades, Bray went to extraordinary efforts to keep his inability to read or write a secret.

While on the job at an Air Force base, he had a co-worker help him with documents. At home, his wife did the same for 62 years until her death in 2009. Finally, the determination to shed the shame and learn how to read broke through. "I want to read one book," he said. "I don't care if it's about Mickey Mouse. I want to read one book before I die."

Over the years, Ed says many people have tried to school him, but invariably either the teacher or the student would get frustrated and give up. A friend suggested he see a professor of reading education at Oklahoma's Northeastern State University. In early 2013, Bray found Professor Tobi Thompson. Her patient and dedicated attitude helped Bray accomplish what he never thought possible. She says eventually their weekly talks gave way to flash cards. "And ev-

everything started clicking," Ed says.

In February 2013, when at the age of 89, Ed read his first book about George Washington — a grade-school biography. He's since gone on to read three books, and has no plan to stop now.

"It's a hard life, let me tell you," says 89-year-old Ed Bray. "You ain't never lived hard until you go through what I've been through." Bray served in World War II. He was at Normandy on D-Day, has two Purple Hearts and more than a dozen other medals.



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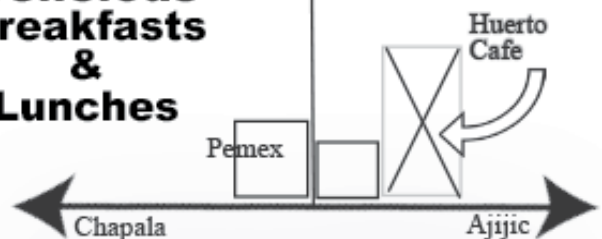
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# February 2017 Horoscope

## **Aries** March 21-April 19

Yep, goals and ambitions are what you are all about on the 1st, 2nd and 3rd of February. You want it? You need to go out and get it. You got it? You need to move on to the next goal. Check your inhibitions and 'I can't do this?' vibes at the door this month: You're here to play, and you're playing to win. By the 6th, 7th and 8th, you need to take a long hard look around you: Everything is going absolutely spectacularly! Be sure to take a little time to stop and smell the roses. Stick to the point on the February 13th. Even if you feel like you could easily spend hours expounding on the topic of your choice, your listeners will really appreciate a short version. Pioneer on the 24th and you'll discover new ground, in both work and love. Plant those feet firmly in the ground on the 28th. Rooted is the best way to wrap up the month..

## **Taurus** April 20-May 20

It looks like somebody is rubbing you the wrong way on the 1st. Or did you just get up on the wrong side of the bed on the 2nd? Uh oh, they're looking at you funny on the 3rd. Whatever is happening as the month starts, these first couple of days are all going to be equally challenging. So, this is a great opportunity to practice not taking things personally, taking 'time outs,' and giving yourself a chance to do something nice for yourself, every single day. After all, if you can do that when things are trickier, you'll be even better able to treat yourself great when things are going great — which they will be on the 9th and 10th. You are totally ready to socialize over a great big meal with your friends. So get cooking! If you think your workout routine is b-o-r-i-n-g on the 20th and 21st, you only have yourself to blame. Spice things up, already! Taurus, why not try adding five minutes of meditation to your daily life, starting the super-grounded February 27th and 28th? There's just about no better way to wrap up the month than by getting in touch with yourself.

## **Gemini** May 21-June 20

You are a real brainiac most of the time, but on the super smart 1st, 2nd and 3rd of February, you are going to be downright genius. You're sharp, insightful, and you know exactly what's going on. If you're in a relationship, your honey is going to be blown away. And if you're single, your smarts are going to land you the gal or guy of your dreams. By the 8th, you're ready to really express all your most treasured hopes and dreams. So open up about what you really, really want! The world is your oyster, and it might just be full of pearls on the 11th, 12th and 13th. Take a breather on the 18th and 19th, particularly if you've been in the middle of some pretty emotional negotiations for some time now. You and a partner are ready to take it to the next level on the 24th. And the next level after that on the 25th. This is pretty exciting! Why not hit the gym? This lull could be just what you've been waiting for.

## **Cancer** June 21-July 22

If you have to pick between intellect and emotion on the 1st, 2nd or 3rd, you might want to try going with intellect. Emotion is crucial to making big life decisions. But when it comes to successfully navigating the smaller stuff, it can occasionally get in the way. Notice how you feel, don't judge yourself, step back and decide to make a choice with your brain. Then go back later, maybe with

the help of a professional, and take a long hard look at just what is getting stirred up for you, emotionally. By the 8th, you really need to cut out some of the stressors in your life. Try something daring on the 13th. Romance is way in the cards for you on the lovey-dovey 14th. The 19th is a good day for communication, so get talking. They really, really want to know.

## **Leo** July 23-August 22

Show that if you feel like that naughty old ego of yours is getting a little bit out of hand on the 1st, 2nd and 3rd, it might be good to check in with said ego. Have a little chat with it. Find out if what you want and what your ego want are the same. If not, tell your ego to take a back seat! Your friends will understand if you need to take a rain check on the 5th. Sometimes you just need to go home early and get some rest! By the 13th, you need some input. So call up your friends and tell them how you're feeling and let them know you'd love to have them over for an impromptu little get-together. And you'll love all the good things that are coming your way the spectacularly lucky 16th and 17th. By the 22nd and 23rd, you are ready to look at a couple of old emotional issues really deeply. Where does that sense of 'am I really good enough' actually come from? Listen to your most trusted buddies on a big issue on the February 27th and 28th.

## **Virgo** August 23-September 22

You're in a very creative space, as the month gets going, and there's no telling what kinds of new and unusual approaches you're going to take. Hold on to your hat, though — it's going to be quite a wild ride! The detail-oriented 12th and 13th are good days to go over all projects with that old fine-toothed comb of yours. But do be careful about just how you express yourself when it comes to pointing out flaws. Breathe deep on the 18th and 19th. By the rush-rush 24th and 25th, you want to get it all done by yesterday. That isn't going to happen, though, so take the time you need to readjust your expectations. Then try, try again. Romance rocks your world on the 27th and 28th. That's great, — and just what the doctor ordered.

## **Libra** September 23-October 22

On the fun and romantic 1st, 2nd and 3rd, you're going to have plenty of opportunities to witness fun and romance. And if things take a sudden turn from 'fun' to 'super, super serious,' go with that, too. It's time to make a choice. Are you committed to this thing? Whether it's romance, your job or a friendship, you need to decide now. And back out, if you aren't. If you are in it for the long haul, though, let them know. Your good energy is going to be the key to your success on the 12th and 13th. By the time the 16th rolls around, you'd better have made some plans to hang out with your friends. If you haven't, pick up the phone and start dialing! You are a flirt machine on the 20th and 21st, and they can't resist you. So let those sparkly eyes do their thing! Put on your hiking boots and get outside on the 25th. You love being outdoors, and your explorer's soul is longing for an adventure. Wrap up the month with a little down time on the 28th.

## **Scorpio** October 23-November 21

There could be a teensy weensy bit of trouble happening on the domestic front on the 1st, 2nd and 3rd. Is there some major issue you have been ignoring in the hope that it will just go away if you

(Continued on Page 35)

# OIL IN MEXICO: PART I

by Sydney Gay O'Dear

## The cost of oil in Mexico

As the world's eighth most-traded currency, the *peso* is always vulnerable during periods of market turmoil. It is normal for investors to sell *pesos* as a hedge against their other long term EM\* positions, which to some extent explains the mysterious fluctuations of oil prices. Mexico is an oil producing and exporting nation. The recent slump in oil prices impact the value of its currency.

According to Energy Information Administration (EIA), oil in Mexico generates 11% of the country's export earnings, earnings in 2014, (including taxes and direct payments from PEMEX), accounted for 1/3 of total government spending. You do the math.

\*EM positions: the term EM originated with a gambling game, "Texas Hold'em", it now represents the stock market's idea of a strategy how to win with a losing hand.

## Oil Between Mexico and China

As Mexico is a commodity exporter and China a top consumer, there are persistent concerns about China's economic growth hurting Mexico. To make matters worse, Mexico has been pushing for increased trade relations with China to attract investments and not just in oil. In mom and pop stores as well as Walmarts, sales from China dominate. By comparison very little Mexican-made products can be found in Mexican retail shops.

## Brief background of Mexico's oil history

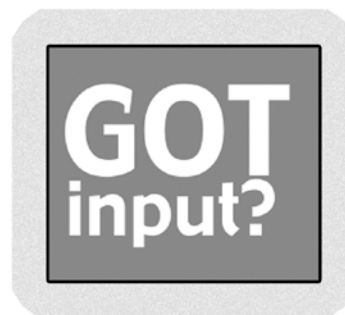
Mexico's production of crude oil began 1901. In 1910, prospectors opened *Panuco-Ebano* and *Faja de Oro* fields located near the central Gulf of Mexico coast town of Tuxpán. Mexico's oil production reached 193 million barrels in 1921 — at this time Mexico became second to the U.S. in worldwide petroleum output and led in oil exports largely as a result of increased demand by WW I.

President Lázaro Cárdenas nationalized the petroleum industry in 1938, giving the Mexican government a monopoly on exploration, production, refining, and distribution of both oil and natural gas. Although Cárdenas offered compensation, U.S. "oil corporations" were pressured by the government to boycott imports from Mexico. The boycott went into effect only briefly; wisely President Franklin D. Roosevelt's Good Neighbor Policy pressured the oil companies to come to terms with Mexico.

WW II created a need for Mexican friendship. Explorers discovered oil wells in the states of Chiapas and Campeche had huge and deep reservoirs of petroleum extending 200

kilometers northeast below the *Bahía de Campeche*. Production increased from 44 million barrels in 1938 to 78 million barrels in 1951.

References: (1) "Petroleos Mexicanos-PEMEX" [www.bus-ex.com](http://www.bus-ex.com). March 19, 2014 (2) *Financial Times*. December 14, 2006, [americaeconomia.com](http://americaeconomia.com). April 20, 2015. (3) *Fortune Magazine*. July 26, 2010. (4) *EIG Article* [www.energyintel.com](http://www.energyintel.com). April 20, 2015, (4) *History of Oil in Mexico*, [Wikipedia.com](http://Wikipedia.com), 2016



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see in the Roll Call?**

**Here is your chance to tell us  
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what you are not too fond of  
(please be kind).**

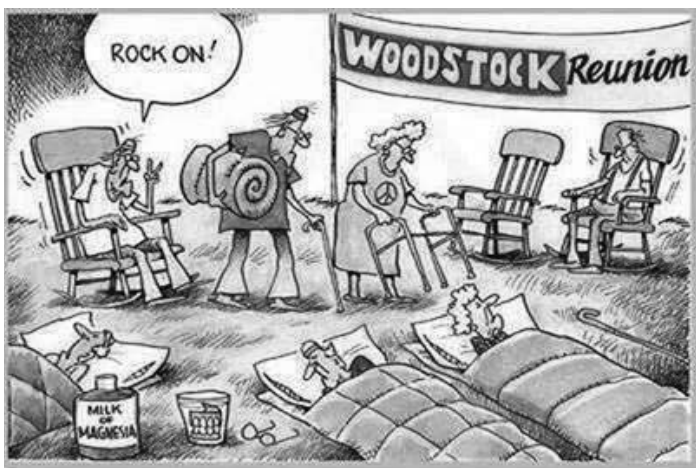
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## Sudoku Solution

8	2	6	4	7	5	3	1	9
1	7	5	9	3	8	6	2	4
9	4	3	6	1	2	7	8	5
2	3	9	1	6	4	8	5	7
4	8	7	5	9	3	1	6	2
5	6	1	2	8	7	4	9	3
7	9	8	3	5	6	2	4	1
3	5	2	8	4	1	9	7	6
6	1	4	7	2	9	5	3	8



## Crossword Puzzle Solution

	1	2	3	4	5	6	7		8	9	10	11	12					
	D	E	A	D	S	E	T		T	O	S	C	A					
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## More Poverty Due to Gas Prices?

The January 1 increase in gasoline prices could finish up creating a “nation-wide surge of impoverishment.” That was a warning issued by a group of specialists interviewed by the newspaper *El Universal*, who said the negative impacts of the so-called *gasolinazo* will particularly affect people who are on the brink of poverty.

The daily minimum wage of \$80.04 pesos, which went up the same day as gas prices, was insufficient considering the fuel price hike, but was a “stillborn” move, as prices of basic goods were already on the rise. As an example, the price of beans increased by 12% in December 2016. With the inevitable rise brought upon by the new gasoline prices, the minimum wage, which went up 9.6%, is insufficient. Price increases will make the basic basket of goods inaccessible for many families.



There's a part of the population at risk of falling into poverty, put in a vulnerable position after the change in gas prices. Ten million people could be at risk. This supposition could depend on the Bank of Mexico's interest rate as well.

The coordinator of the non-governmental organization Citizens' Action Against Poverty believes that society must demand the government implement measures to keep prices from spiraling out of control. One such measure materialized in the recently signed Agreement for the Economic Strengthening and Protection of the Family Economy.

That agreement sets out several initiatives intended to support Mexican families. Among them: implement actions that help maintain stable prices of basic goods, modernize public transportation and improve access to credit, encourage investment and employment and strengthen the culture of lawfulness and the rule of law.

Coparmex, refused to sign on the grounds that such an accord required clear objectives and not “an improvised consensus.” Coparmex has been recognized by society as the conscience of the private sector.

The business group charged that the agreement was incomplete, having been produced in just three days, was not a result of social consensus and included no metrics that would serve to evaluate its results. On top of that, it was delivered to Coparmex only two hours before the official signing. The document served only as part of a communications strategy intended to improve the government's image, the organization claimed.



## Chicken Caesar Salad with Crispy Kale

4 servings

### Ingredients for the Dressing:

3 egg yolks  
3 cloves garlic, crushed  
1 T Dijon mustard  
1/4 cup (60ml) extra virgin olive oil  
1 T apple cider vinegar



### For the Crispy Kale:

8 stalks kale, trimmed  
2 T extra-virgin olive oil  
1/3 cup (25g) finely grated Parmesan  
Sea salt and cracked black pepper

### For the Chicken and Assembly:

4 (200g) chicken breast fillets, trimmed  
Extra-virgin olive oil, for brushing  
Sea salt and cracked black pepper  
1 cup (200g) shredded Brussels sprouts  
2 baby cos (romaine) lettuces (360g), trimmed and leaves separated  
3 cups (75g) baby spinach leaves  
1/2 cup (80g) pine nuts

### Preparation:

To make the dressing, place the egg yolks, garlic and mustard in a bowl and whisk until thick and creamy. Gradually add half the oil, whisking continuously until combined. Gradually add the vinegar and the remaining oil, whisking to combine. Set aside.

To make the crispy kale, preheat oven to 300°F (150°C). Place the kale, oil, parmesan, salt and pepper in a bowl and toss to coat. Place in a single layer on baking trays lined with non-stick baking paper. Bake for 15–20 minutes or until crisp, and set aside.

Brush the chicken with oil and sprinkle with salt and pepper. Heat a grill pan or barbecue over high heat. Cook the chicken for 2–3 minutes each side or until cooked through. Slice the chicken and place in a large bowl. Add the Brussels sprouts, lettuce, spinach, and pine nuts and toss to combine. Divide between serving plates and top with crispy kale and the dressing to serve.

## Fried Chicken & Waffle Sandwich with Potato Salad & Collard Slaw

Serves 2

### Ingredients for the potato salad:

2 pounds small new potatoes  
1 1/2 t kosher salt, divided  
1 T Dijon mustard  
1 T whole-grain mustard  
2 T cider vinegar  
1 medium shallot, diced  
1/4 t black pepper  
1/4 cup olive oil



### For the slaw:

3/4 cup plain low-fat Greek yogurt  
1 t lemon zest  
2 T lemon juice  
1/2 small habanero pepper, seeded and finely diced (about 1/2 t)  
1 large clove garlic, finely grated  
1/2 t salt  
1/4 t black pepper  
1/2 bunch collard greens, center ribs removed, thinly sliced crosswise (about 3 cups)  
1/4 medium green cabbage, cored and thinly sliced (about 3 cups)  
1 medium carrot, julienned (about 1 cup)

### For the Fried Chicken:

3/4 cup all-purpose flour  
1/8 t cayenne pepper  
1 1/4 t kosher salt, divided  
1/2 t black pepper, divided  
2 eggs  
3 dashes hot sauce  
1 cup plain bread crumbs  
Vegetable oil, for frying  
4 (3-ounce) chicken cutlets, pounded to 1/4-inch thickness

### For the sSandwich:

1 frozen waffle  
1/2 T butter  
1/2 T honey

### Preparation — Make the potato salad:

Place the potatoes in a pot of cold water with 1 teaspoon salt. Bring to a boil and simmer, partially covered, until potatoes are tender when pierced with a knife, about 12 to 15 minutes. Drain and let cool. Meanwhile, whisk the remaining 1/2 teaspoon salt, mustards, vinegar, shallot, and pep-



per in a small bowl. Pour in the olive oil while whisking to emulsify the dressing. Quarter the potatoes and toss with the dressing in a large bowl. Taste and adjust seasoning.

#### **Make the slaw:**

Whisk the yogurt, lemon zest and juice, habanero pepper, garlic, salt, and pepper in a small bowl. Place the collard greens, cabbage, and carrot in a large bowl and toss with the dressing to coat. Taste and adjust seasoning.

#### **Fry the chicken:**

Mix the flour, cayenne pepper, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a shallow bowl. Beat the 2 eggs with the hot sauce, 1/2 teaspoon salt, and 1/4 teaspoon pepper in another shallow bowl. Place the bread crumbs in a third shallow bowl. Fill a large Dutch oven or cast-iron skillet with oil to a depth of 1 1/2 inches and heat carefully to 350°F. Pat chicken dry and coat in flour, dip in egg mixture, and dredge in bread crumbs, pressing to adhere. Repeat with remaining 3 pieces chicken.

Fry 2 pieces chicken until golden brown and cooked through, turning once, 5 to 6 minutes. (The chicken should reach an internal temperature of 165°F.) Repeat with remaining 2 pieces chicken. Sprinkle with remaining 1/4 teaspoon salt and drain on a wire rack placed over a sheet tray.

#### **Assemble the sandwich:**

Toast the waffle, spread with butter and honey, and cut in half. Place 1 chicken cutlet on a plate and layer with 1/4 cup slaw, 1/2 waffle, and 1/4 cup potato salad. Top with another chicken cutlet to form a sandwich. Repeat with remaining chicken cutlets to make a second sandwich.

The leftover potato salad and slaw can be refrigerated for up to 3 days.

## **Cauliflower Pizzas with Mozzarella, Kale and Lemon**

4 servings

#### **Ingredients for Cauliflower Pizza Crust:**

6 cups (600g) cauliflower florets, roughly chopped  
3/4 cup (90g) almond meal (ground almonds)  
1/2 cup (40g) finely grated Parmesan  
3 eggs, lightly beaten  
Sea salt and cracked black pepper

#### **For the Toppings:**

8 stalks kale, trimmed  
2 T extra virgin olive oil  
3 cloves garlic, sliced  
1/2 t dried chile flakes  
1 T lemon zest

1/4 cup (20g) finely  
grated Parmesan  
1 (125g) ball buffalo  
mozzarella, torn  
1/3 cup small basil  
leaves



#### **Preparation:**

Preheat oven to 400°F (200°C). To make the cauliflower pizza crust, lightly grease two 12-inch round pizza trays and line with non-stick baking paper. Place the cauliflower, in batches, in a food processor and process until the mixture resembles fine crumbs. Transfer to a large bowl, add the almond meal, Parmesan, egg, salt and pepper and mix until a soft dough forms. Divide the mixture in half and press into the prepared trays. Bake for 20–25 minutes or until golden and crisp.

Place the kale, oil, garlic, chile and lemon zest in a bowl and toss to coat. Divide the mixture between the bases and top with the Parmesan. Bake for 8–10 minutes or until the kale is crisp. Top each pizza with mozzarella and basil to serve.

*Yum-Yum!*



# Roll Call



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Half page - bond paper \$500 pesos  
Quarter page - bond paper \$300 pesos  
Eighth page - bond paper \$200 pesos

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## Max the Little Looter Brings Some Levity

Viral stardom can be found in the strangest places. The latest star to rise to viral fame was photographed at the looting the first week of January of a Chetumal supermarket, caught red-handed by the photographer with the loot held firmly — in its jaws.

And so began fame for Max, not necessarily a street dog, but one with some street smarts. It was while the local supermarket Dunosusa was being looted in one of the many gas price riots throughout the country that the smallish dog seized the opportunity to nab a bag of chips, his favorite snack.



A photojournalist from a local news website captured the dog as it fled the scene of the crime, and the rest, as is wont to happen these days, was immediate internet history. Max's picture was shared on Facebook, where he was promptly nicknamed *el perro saqueadorcito*, or the little looter dog. Because no internet story is over until all the angles are thoroughly scrutinized, Max's family was soon identified and interviewed.

"Max has a home but he likes to go out on the streets nearby," said proud owner Jimmy Sosa Casanova, who expressed astonishment over the power of social networks: the story of the little looter transcended the state of Quintana Roo and offered some levity in the midst of the tense days of protests gone violent.

"You don't know the number of people that have sought us out because they want to know Max and give him gifts. We're very happy," said Sosa. "The dog likes to clown around; he didn't mind the sirens and people running around, and he got in the middle of the melee where he found a bag of Sabritas chips among the stuff thrown on the floor," said the taxi driver and radio show host.

"We thank the whole country for the affection they have

shown to our dog. I think he is now the dog of all Mexico." Most looters are not normally well regarded after the fact, but Max was rewarded by the very store he stole the chips from. Not only did he get a case of his favorite snack from *Dunosusa*, but a 25-kilogram bag of dog food, too. A representative of the regional chain of supermarkets told the newspaper *El Universal* that they appreciated the good humor that Max brought during a difficult time.

While Max ought to be feeling good about the attention and gifts, he is looking good, too. Another gift was a free one-year membership to a local pet salon. After the little looter received his first shower and haircut, Sosa exclaimed that everyone in his family was "very happy with his new image, they left him more handsome."





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 (bring your own tables & display)

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 Health Products – Original/costume jewelry – Silk Scarves  
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**(Continued from Page 29: Horoscope)**

pretend it's not there? It's high time to face the music. Have you considered taking a meditation course? It could really help you process some of these tough issues to have a new set of tools. Deep breaths are required on the stormy 6th, 7th and 8th. By the 13th, that all-absorbing work issue will come as a welcome relief! Great days coming your way on the 18th and 19th? And the even better days coming your way on the 22nd and 23rd. Helps that you've finally started to deal with some of those pent-up problems. After all the hard work you've been putting in emotionally, you're totally entitled to play your strengths for a while! Don't forget to exercise, too.

**Sagittarius November 22-December 21**

On the 1st, 2nd and 3rd, you glow even more brightly than usual. Your ideas sound inspired and your jokes are all hilarious. On the 6th, 7th, and 8th, what are you doing inside? Pull on your snow hat and get outside! You need to build a snowman or go water skiing or do whatever it is you do where you live in order to spend some serious quality time in the great outdoors. You'll thrive on fresh air. Put on your deep-thinking cap on the 13th. The 24th and 25th are great days for you. So celebrate! Get down to brass tacks in regards to all things financial on the 27th and 28th. Yes, you need to think about these things seriously.

**Capricorn December 22-January 19**

Get out your pen and your paper and do some good old-fashioned long-term planning on the 1st, 2nd and 3rd. It's important to at least take the first step towards pinning down where you want to go from here. Should you act now or postpone action until later? That's a question that presents itself to you on the 8th. Trust your gut, and don't let free-floating anxieties get the best of you. You enjoy some super clarity of thought on the 12th and 13th. Don't let any flakey types distract you from your clarity with their yammering. Make lots of plans on the 18th and 19th. They'll have a good chance of coming into being down the road! By the 27th and 28th, you are ready for a few changes. Don't forget to celebrate if celebration is called for.

**Aquarius January 20-February 18**

The month starts out with a fantastic bang for you on the 1st. Really super stuff just keeps on happening on the 2nd and 3rd. Harness this great energy to really make the most of all your projects. You could be pretty amazed by the quality of your thoughts and ideas on the 6th, 7th and 8th. An affair of the head or of the heart could really rock your world on the 13th, 14th or 15th. Plunge on in, as long as you're free to do so. You're in a pretty brainy place on the 20th and 21st, so take some time to sit down and jot a few notes about where your thoughts are taking you. There's just no telling where this could end! Wrap up the month on the 26th, 27th and 28th, with lots and lots of self-discipline. Yes, that does mean you should force yourself to get to the gym. Yes, that does mean you need to eat well. And yes, you need to communicate, even if it's tough. Last but not least, don't forget to get plenty of sleep.

**Discos February 19-March 20**

You're in a pretty giving place as the month gets started. Yep on the 1st, 2nd and 3rd, you want to help. Whether it's the people

around you or folks who are suffering half a world away, you'll use your considerable intellect to figure out a good solution to a couple of problems. By the 4th and 5th, you shouldn't be surprised to get some very good news. Which could well be followed by more good news. Which might then be followed by a thank-you-for-doing-such-a-great-job note. Romance is in the cards on the 9th and 10th. Even more romance inspires a wave of creativity on the 14th and 15th. If an old partnership needs to evolve, you need to deal with that on the 20th. There's no need to be restricted by out of date conditions that you probably shouldn't have agreed to in the first place. The 26th, 27th and 28th, you will get a hand from a very influential person. Write them a heartfelt thank you note.



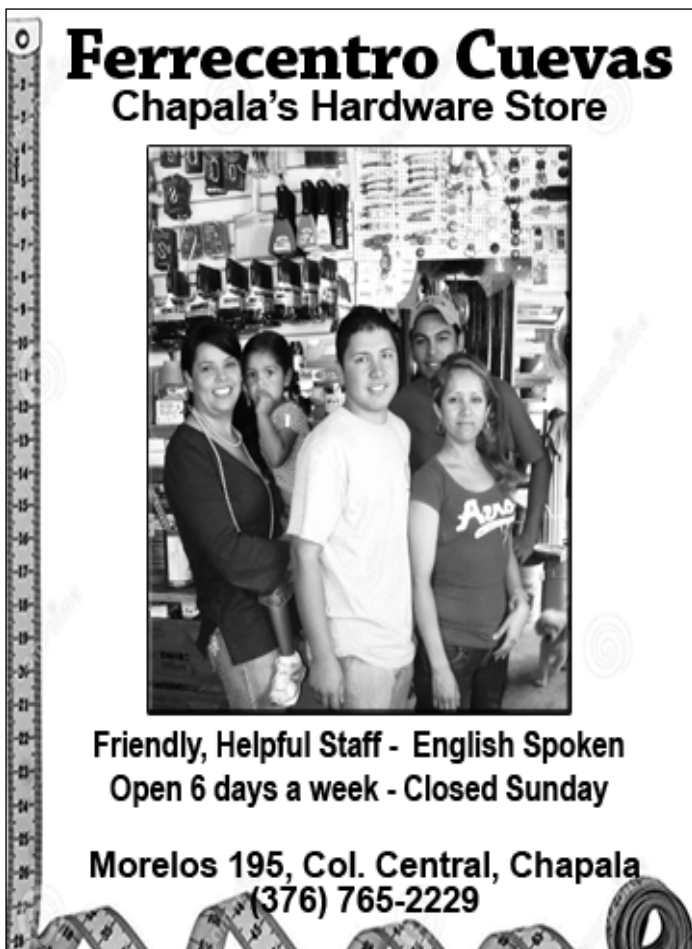
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Monday-Friday: 9 a.m. to 3 p.m. full menu including breakfast

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Monday-Friday: 3 to 5 p.m. limited menu, sandwiches, soups & salads

Sunday: Closed

### BREAKFAST *(Served all day)*

*Prices are in Mexican pesos*

Your choice of bacon, sausage, hash browns, home fries, grits or *frijoles*, toast, biscuit, *tortilla* (corn or flour), one hot cake or fruit.

Two (2) eggs	\$54	Huevos Rancheros	\$48
2 Egg omelette	\$54	<i>w/meat</i>	\$54
3 Egg omelette	\$60	Steak & eggs	\$84
Chilaquiles w/beans	\$48	Chicken fried steak & eggs	\$60
<i>w/egg</i>	\$54	McLegion sandwich	\$45
Enchiladas Suizas (6)	\$60	McLegion sandwich w/cheese	\$48

Build your own Omelette with your choice of one meat (bacon, ham, or sausage) plus cheese  
(American, cheddar or gouda), onion, spinach, bell pepper, and mushrooms.

### A LA CARTE

Bowl of gravy	\$12	French toast	\$36
One egg	\$18	<i>w/meat</i>	\$54
One hotcake	\$18	Two (2) biscuits & sausage gravy	\$42
Toast or biscuit	\$18	$\frac{1}{2}$ order	\$30
Hashbrowns, home fries, grits	\$18	Ground beef gravy on toast	\$30
Bacon or sausage	\$24	$\frac{1}{2}$ order	\$18
Slice of ham	\$30	Breakfast <i>burritos</i> with <i>frijoles</i>	\$36
Oatmeal & toast	\$30	<i>w/meat</i>	\$54
Croissant	\$40	Two (2) <i>quesadillas</i>	\$24
Fruit & yogurt	\$60	<i>w/meat</i>	\$36

### LUNCH & AFTERNOON FARE (served after 12 noon)

Jumbo Croissant Sandwiches

\$60

*Your choice of tuna, chicken, egg salad, ham and cheese, with or without lettuce & tomato or vegetarian with avocado, sprouts & cheese.*

*Served with potato chips, vegetable sticks or with French fries add \$20*

### TOASTED SANDWICHES

Club	\$60
Bacon lettuce & tomato	\$48
Grilled cheese	\$42
Grilled ham & cheese	\$48

### FROM THE GRILL

Hamburger	\$48
Cheeseburger	\$54
Bacon cheeseburger	\$60
Grilled steak sandwich	\$90
<i>w/fried onions, mushrooms &amp; cheese</i>	\$96
Grilled chicken sandwich	\$48
<i>w/cheese or bacon</i>	\$60
Veggie burger	\$48
Jumbo hot dog	\$48
<i>w/cheese, chili or sauerkraut</i>	\$54
Fish sandwich	\$48

### ENTREES

Ground beef steak w/onions & gravy	\$72
Chicken fried steak w/onions & gravy	\$72
<i>Served w/your choice: small baked potato, mashed potatoes, or</i>	
<i>French fries &amp; choice of steamed veggies or garden salad &amp; bread.</i>	

### BEVERAGES

Coffee	\$15
Milk or Tea	\$18
Juice large	\$24
Juice small	\$18
Hot chocolate	\$24

**Ask the Waiter About Our HOME MADE DESSERTS**

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### SANDWICHES

Tuna	\$48
Chicken	\$48
$\frac{1}{2}$ Sandwich & cup of soup	\$48
$\frac{1}{2}$ Sandwich with green salad	\$48
Egg salad	\$48
Ham & cheese	\$48

### SOUP OF THE DAY & SANDWICHES

Bowl of soup w/crackers	\$36
Cup of soup w/crackers	\$24
Chef salad	\$72
Green salad w/grilled chicken	\$72
Green salad w/chicken & cheese	\$78

### SIDES

Mashed potatoes	\$18
Baked potato	\$30
French fries	\$30
Potato salad (when available)	\$24

### PASTA

Pasta w/marinara sauce	\$60
Spaghetti w/meatballs or sausage	\$84
Chicken parmesan	\$90

*Pasta is served with salad or steamed vegetables & garlic bread.*

### WEEKLY SPECIALS

MONDAY: *Chili relleno & cheese enchilada or* Crispy beef *taco*  
*w/frijoles & rice*

TUESDAY: Filet mignon

WEDNESDAY: Lasagna (meat or vegetable)

THURSDAY: Chicken Cordon Bleu

FRIDAY: Fish Veracruz (breaded or garlic)

SATURDAY: Fish fry - 3 to 6 p.m.

SUNDAY: Grilled hamburgers & hot dogs - 12 to 3 p.m.





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Walking distance to downtown

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#### #2 US \$750 monthly

Two bedrooms (1 king size & 1 two single beds)

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Air Conditioner, Electric gate

Parking for one car

Walking distance to downtown

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### Each unit includes:

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Rent includes: gas, water, TV and electric



Contact information: Oscar Lamadriid Sahagun  
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